

OnTrak™ Program for Weight Management



OnTrak is personalized just for you. It's designed to help you improve your health and live better. If you are looking to achieve and maintain a healthy weight, OnTrak may help.

Many people struggle with their weight. You may have tried to change your weight before, but past programs didn't work for you. Maybe you've lost your confidence and feel like success is out of reach. However, research shows that achievable goals and support from others can help lead to lasting change.

How We Help

It's time to feel better. Our mission is to support you in reaching your goals for health and well-being. OnTrak has helped many people facing difficult challenges. We are here to help you too.

The OnTrak program is a team effort. As an OnTrak member, you receive:

Individual Care Coaching by a Nurse – Your nurse Care Coach will listen to you and support you with compassion and without judgment. Your Care Coach is always there to encourage you toward your goals.

One-on-one Counseling – Your counselor will work with you on what is most important to you. Counseling may help you achieve your goals for a healthy weight. You may discover new ways to face challenges and manage difficult situations.

Specialist Visits – You may meet with a dietician who can help you create an eating plan. If recommended, you also may visit an OnTrak doctor for certain conditions.

OnTrak is designed for you. It's confidential and convenient. You complete the program at your own pace, on your own time.

Want to be happier with your quality of life?

The OnTrak program may be your answer.



1-866-517-1417

stayontrak.com

contact@stayontrak.com

Note: OnTrak is available to eligible members of select health plans. If your membership with your health plan ends, you will no longer be eligible for the OnTrak program and services.